



# The WHALE Study Family Newsletter

August | 16<sup>th</sup> | 2020



## Updates from the Study Team:

This newsletter has updates on our lab, the study, and the on-going state of the world (...and North Carolina), since it has been a while since we were in touch.

- 1. Thank you to everyone who has participated in our **weekly at-home survey**.** The survey is helping us gather important information about how families are doing during this stressful time. We will send out a summary of what we've learned so far in *next week's newsletter*. If you haven't been participating in these surveys but you would like to start, send an email to [WhaleStudy@unc.edu](mailto:WhaleStudy@unc.edu)!
- 2. Our lab has been working on ways to resume the WHALE Study while keeping everyone as safe as possible.** We will be reaching out to families about completing some interviews and other tasks over the phone or computer. We will keep you up to date with our plan for in-person visits this fall.
- 3. Although our lab (and many schools and businesses) are starting to re-open, the stress that many families are experiencing has not changed.**

We want to continue to provide resources for you and your families about how to discuss **diversity**:

- ❖ [Raising Little Allies-To-Be](#)
- ❖ <http://www.raceconscious.org/>
- ❖ [K-5 curriculum](#) (Readings)
- ❖ [Last Stop On Market Street](#) (Book)
- ❖ [Hair Love](#) (Oscar®-winning animated short film)

And resources for **how to deal with stress**:

- ❖ [Saturday](#): Children's book about self-soothing and finding ways to have fun when dealing with disruptions to your normal routine
- ❖ [Family mindfulness activities](#)

We are also happy to provide individual counseling/therapy referrals. You can reach out to the team at [whalestudy@unc.edu](mailto:whalestudy@unc.edu) to request these at any time.

### The WHALE study has **new team members!**

Dr. Ilana Berman



Dr. Meredith Gruhn



Dominique Martinez



Summer Motton



Please reach out if you have any questions, comments, or concerns regarding The WHALE Study or the COVID-19 situation. Staff can be reached by call, text, or email: [whalestudy@unc.edu](mailto:whalestudy@unc.edu) | 919-914-0588  
Find us on Twitter: @circlab\_unc, Instagram: circlab\_unc, and [Facebook!](#)

## CHILD & FAMILY RESOURCES (CLICK BLUE LINKS)

- Click [here](#) for Coronavirus tips and resources from Prevent Child Abuse America
- Click [here](#) for resources from the US Department of Health & Human Services
- Click [here](#) for resources from the National Child Traumatic Stress Network
- Click [here](#) for resources from the National Domestic Violence Hotline (1-800-799-SAFE)
- Click [here](#) for resources from the Substance Abuse and Mental Health Services Administration

## COMMUNITY RESOURCES (CLICK BLUE LINKS)

### HEALTH & SAFETY

- [Compass Center for Women and Families](#)
  - 919-929-7122
- [Durham Crisis Response Center](#)
  - 919-403-9425
- [InterAct Family Safety and Empowerment Center](#)
  - 919-828-7501
- [Orange County Rape Crisis Center](#)
  - 866-935-4783 (call) , 919-504-5211 (text)
- [Freedom House](#)
  - 919-967-8844 (Crisis Unit, Chapel Hill)
  - 1-877-967-8844 (Mobile Service)
- Suicide prevention lifeline: 1-800-272-TALK
- Hope4NC Helpline: 1-855-587-3463

### CHILDCARE

- [NC Hotline for Critical Workers Seeking Child Care Options](#)
- [Covid Childcare Co-op Creator](#)
- [Covid Urgent Childcare](#)
- [Child Care Services Association](#)

### LEARNING

- [Scholastics Learn at Home](#)
- [Khan Academy](#)
- [ABC Mouse](#)
  - Free with code: AOFLUNICEF
- [PBS Kids](#)
- [CDC Tips for Talking with Children about COVID-19](#)

### HOUSING

- [Durham Continuum of Care \(CoC\)](#)
- Eviction Information
  - 216-965-5095
- [Durham Rescue Mission](#)
  - 919-688-9641
- [Orange County Partnership to End Homelessness](#)
- [Urban Ministries of Durham](#)
- [Durham County Social Services](#)
- [Orange County Social Services](#)
- [Wake County Social Services](#)

### FOOD & GROCERIES

- [Wake County Public Schools Free Meals](#)
- [Durham County Public Schools Free Meals](#)
- [Orange County Food Resources](#)
- [Chapel Hill/Carrboro Schools](#)
- [TABLE](#)
- [Food Bank of Central & Eastern North Carolina](#)
- [Wake County Food Resources](#)
- [No Kid Hungry NC](#) - Text FOODNC or COMIDA to 877-877 to receive information about 3 drive-thru or pickup sites with meals for kids closest to you

### Comprehensive Resource Sheets

- Click [here](#) for a list of resources and services in Durham County
- Click [here](#) AND [here](#) for a list of resources and services in Orange County
- Click [here](#) for a list of resources gathered by the Orange County Partnership to End Homelessness
- Click [here](#) for a list of resources and services in Wake County

### Research Participation Links

- Click [here](#) for a Research Study Database at UNC
- Click [here](#) for a Research Participant Registry signup for the UNC Dept of Psychology & Neuroscience